



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC POOL SCHEDULE

SOUTHERN BRANCH YMCA

2019 Fall Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Revised 10/17/19	5:15-8:00 Open Exercise	5:15-9:00 Open Exercise	5:15-8:00 Open Exercise	5:15-9:00 Open Exercise	5:15-8:00 Open Exercise	7:00-9:00 Open Exercise	
Schedule is subject to change	8:00-8:40 Arthritis		8:00-8:40 Arthritis		8:00-8:40 Arthritis		
Multiple activities are often scheduled in this pool at the same time.	9:00-9:45 Silver Splash	9:00-11:00 Swim Lessons	9:00-9:45 Deep Water 9:00-9:45 Silver Splash	9:00-10:00 Water in Motion	9:00-9:45 Deep Water	9:00-12:00 Swim Lessons	
The Aquatic Staff will do their best to accommodate each individual member's needs.	9:00-9:45 Deep Water		10:00-10:45 Deep Water	10:00-10:45 Deep Water	10:00-10:45 Deep Water		
Lap Swimming Lap swimming is open to anyone having the ability to do continuous, multiple laps of swimming. Lap lanes may be added or decreased depending on the pool schedule and space available. Lap lanes are not available during swim meets.	10:00-10:45 Noodle Workout		10:00-10:45 Noodle Workout		10:00-10:45 Noodle Workout		
	11:00-12:00 Water in Motion			10:00-12:45 Swim Lessons			
	1:00-2:00 Homeschool Swim		1:00-2:00 Homeschool Swim				
	12:00-4:00 Open Swim/ Open Exercise	12:00-4:00 Open Swim/ Open Exercise	12:00-4:00 Open Swim/ Open Exercise	12:00-4:00 Open Swim/ Open Exercise	12:00-9:00 Open Swim/ Open Exercise	12:00-5:00 Open Swim/ Open Exercise	1:00-5:00 Open Swim/ Open Exercise
Please contact the Aquatic Department with any questions.	4:00-8:00 Swim Team Practice	4:00-8:00 Swim Team Practice	4:00-8:00 Swim Team Practice	4:00-8:00 Swim Team Practice	4:00-8:00 Swim Team Practice		
	5:30-7:45 Swim Lessons	5:30-7:00 Swim Lessons	5:30-7:00 Swim Lessons	5:30-7:45 Swim Lessons			
		6:30-7:30 Deep Water					
	7:30-9:00 Open Swim/ Open Exercise	7:30-9:00 Open Swim/ Open Exercise	7:30-9:00 Open Swim/ Open Exercise	7:30-9:00 Open Swim/ Open Exercise			

SOUTHERN BRANCH YMCA

100 Constitution Avenue, Shrewsbury, PA 17361
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SWIM LESSON SCHEDULE

2019 Fall II

Oct. 14–Dec 14

Fees:

Facility Member: \$65
Non-Member: \$130

SWIM LESSON INFORMATION

Registration will begin on the dates listed and close after the first week of lessons. Participants may register at the front desk or online. Classes require a minimum number of three swimmers and are subject to combining. Specific class instructor cannot be guaranteed. For up-to-date class information please refer to the pool schedules located for pick up at the front desk. **Please contact the Aquatic Department with any questions.**

Revised 10/17/2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:30-11 Water Acclimation Ms. Serena		9:00-9:30 Water Acclimation TBD
	9:30-10:00 Water Movement Ms. Serena		11:00-11:30 Water Stamina Ms. Serena		9:00-9:45 Stoke Introduction TBD
	10:00-10:30 Water Stamina Ms. Serena		11:45-12:15 Water Stamina Ms. Serena		9:30-10:00 Water Movement TBD
	10:30-11:00 Parent/Child Ms. Serena		12:15-12:45 Water Movement Ms. Serena		9:45-10:30 Stroke Development TBD
					10:15-10:45 Parent/Child TBD
5:30-6:15 Stroke Introduction Mr. Matt	5:30-6 Water Acclimation Mr. Matt	5:30-6:00 Water Acclimation TBD			10:45-11:15 Water Stamina TBD
6:15-7:00 Stroke Development Mr. Matt	6:15-7 Stroke Introduction Mr. Thomas	6:00-6:30 Water Movement TBD			10:45-11:30 Stroke Mechanics TBD
6:30-7:15 Adult Swim Swim Mr. Jim	6:00-6:30 Water Acclimation TBD	6:30-7:00 Water Stamina TBD			
7:00-7:45 Stroke Mechanics Mr. Matt	7:00-7:45 Stroke Development Mr. Thomas				

UPCOMING 2019/2020 SWIM SESSIONS

Fall II Session	Oct. 28-Dec. 14	Registration:	M: Oct. 7	NM: Oct. 14
Winter Session	Jan. 6-Feb 22	Registration:	M: Dec 2.	NM: Dec. 9
Spring I Session	Mar 2-Apr 18	Registration:	M: Feb. 10	NM: Feb. 17
Spring II Session	April 27-June 13	Registration:	M: Apr 6	NM: Apr 13

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